













## Pacing Guide: **Managing Stress**

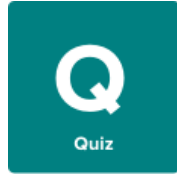
Grade Level: **Fourth Grade** | Duration: **1 Week**

BrainPOP Topics: (1) **Stress**, (2) **Mindfulness** (3) **Sleep**

	DAY 1 - 30 Min	DAY 2 - 30 min	DAY 3 - 30 min	DAY 4 - 30 min	Day 5 - 40 min
<p><b>Build Background</b></p> <p>Watch the movie, pausing to reflect on content.</p>	 <p>Watch Movie: <a href="#">Stress</a></p>	 <p>Read and Annotate: <a href="#">Stress</a></p>	 <p>Watch Movie: <a href="#">Mindfulness</a></p>	 <p>Read and Annotate: <a href="#">Mindfulness</a></p>	 <p>Watch Movie: <a href="#">Sleep</a></p>
<p><b>Think &amp; Do</b></p> <p>Engage with a grade-level appropriate feature or tool</p>	 <p>Apply Knowledge: <a href="#">Stress</a></p>	 <p>Apply Knowledge: <a href="#">How can stress affect our bodies and minds?</a>  View <a href="#">rubric</a>.</p>	 <p>Apply Knowledge: <a href="#">Mindfulness</a></p>	 <p>Apply Knowledge: <a href="#">How can mindfulness reduce stress?</a>  View <a href="#">rubric</a>.</p>	 <p>Apply Knowledge: <a href="#">How can sleep reduce stress?</a>  View <a href="#">rubric</a>.</p>

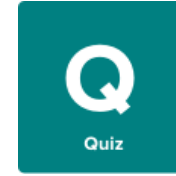
**Assess**

Take a topic quiz and review your score.



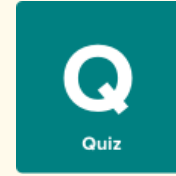
Test Yourself:

[Stress](#)



Test Yourself:

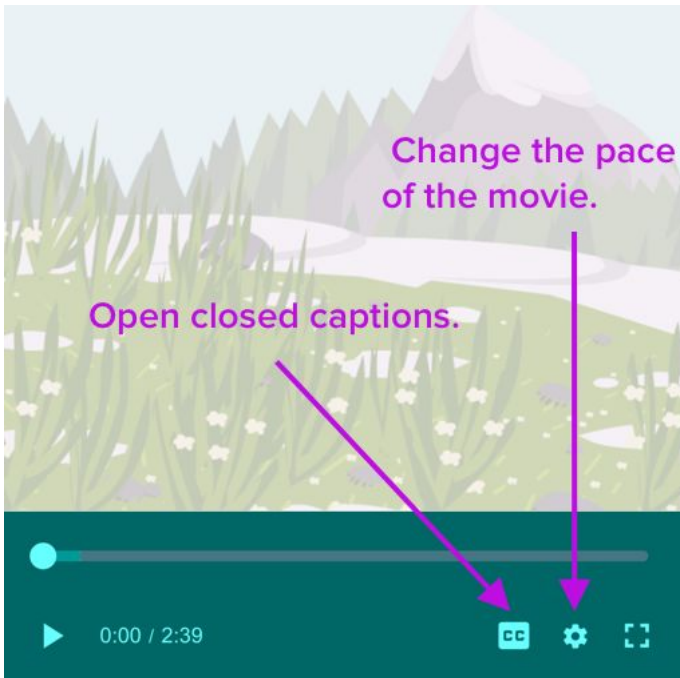
[Mindfulness](#)



Test Yourself:

[Sleep](#)

## Movie Viewing Tips



Standard	Activity
<p>CCSS.ELA-Literacy.RI.4.1 Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.</p> <p>CCSS.ELA-Literacy.RI.4.2 Determine the main idea of a text and explain how it is supported by key details; summarize the text.</p>	<p><b>Building Background</b></p> <p>Watch and discuss movies:  <a href="#">Stress</a>  <a href="#">Mindfulness</a>  <a href="#">Sleep</a></p> <p>Related Readings:  <a href="#">Stress</a>  <a href="#">Mindfulness</a></p>
<p>CCSS.ELA-Literacy.RI.4.2 Determine the main idea of a text and explain how it is supported by key details; summarize the text.</p>	<p><b>Think &amp; Do</b></p> <p>Worksheet activities:  <a href="#">Stress</a>  <a href="#">Mindfulness</a></p>
<p>CCSS.ELA-Literacy.RI.4.2 Determine the main idea of a text and explain how it is supported by key details; summarize the text.</p> <p>CCSS.ELA-Literacy.RI.4.5 Describe the overall structure (e.g., chronology, comparison, cause/effect, problem/solution) of events, ideas, concepts, or information in a text or part of a text.</p> <p>CCSS.ELA-Literacy.W.4.9.b Apply grade 4 Reading standards to informational texts (e.g., “Explain how an author uses reasons and evidence to support particular points in a text”).</p>	<p><b>Think &amp; Do</b></p> <p>Make-a-Map activities:  <a href="#">Stress</a>  <a href="#">Sleep</a></p>

CCSS.ELA-Literacy.RI.4.2

Determine the main idea of a text and explain how it is supported by key details; summarize the text.

**Assess**

Take Quizzes:

[Stress](#)

[Mindfulness](#)

[Sleep](#)